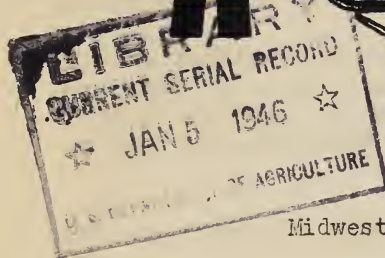


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# INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals  
and groups promoting nutrition education

WAR FOOD ADMINISTRATION

Office of Supply

Midwest Region, 5 South Wabash Avenue, Chicago 3, Illinois

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## THERE IS STILL TIME TO PLANT AN INDUSTRIAL VICTORY GARDEN

Middle west industries still have time to start industrial or employee victory gardens, even in the northern states. Many vegetables may be planted late, and they will still mature before frost to help fill the urgent civilian requirements for food through the fall and winter months ahead. This was the advice of top authorities before a 5-state regional meeting of victory garden leaders in the Stevens Hotel at Chicago on June 1.

Paul C. Stark, appointed by President Truman the last of May as director of the newly created Home Food Supply Division of the War Food Administration, and charged with coordinating the work of all agencies to increase home production and home canning of fruits and vegetables, was one of the speakers.

"Both home and industrial gardens are needed," he said. "While the total prospective 1945-46 supply of canned fruits and vegetables is about equal to that of the year just coming to a close, supplies for civilians will average 25% less, and increased war needs may lead to a further reduction of civilian supplies. The greatest reductions in civilian supplies will come in the Big Four canned vegetables--beans, peas, corn, and tomatoes--which normally account for 85% of commercial canning operations. Retail stocks of canned tomatoes may not exceed 50% of those available through the last year. Prospective reductions in supplies of beans, peas, and corn range from 25% to 40%. Next winter may be a critical time, unless victory gardens fill the gap."



E. O. Pollock, director of the Midwest Office of Supply of the War Food Administration, Chicago, said: "We must



FOR  
VICTORY

not only raise more and larger gardens, but we must preserve as much as possible of their produce. Every community cannery should be kept open somehow. Every homemaker should can fruits and vegetables to the limit of her family's needs. Every industry should help its employees organize victory gardening and home canning clubs, and every industrial cafeteria, where it has or can obtain facilities, should build up its food supplies by canning the produce from company victory gardens, or the surplus of these fresh foods that may appear on the market during the harvest season. With the world-wide need for food today, it will be impossible to produce and preserve too much for the next two years.

Several other speakers referred to the recent statement of President Truman: "There is greater need now than at any time since the war began for more gardens, whether they are at home, in community plots, or in company-employee gardens," and to the statement of Rear Admiral W. J. Carter, USN: "The urgency of food production cannot be over-emphasized."

All of which adds up to: Get out and plant a victory garden as fast as you can. You may be glad you did.

#### MANUFACTURER BUYS ROADSIDE TAVERN TO SET UP EMPLOYEE FEEDING FACILITIES



A roadside tavern located near its factory in Euclid, Ohio, has proved part of the answer for serving adequate hot lunches to about one third of the employees of the Parker Appliance Company

The tavern adjoined the company's parking lot. It was a suitable location for employees near enough to reach it and eat during their 30-minute lunch period.

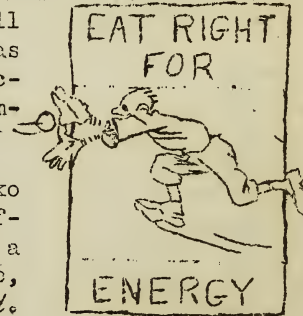
The company bought the tavern. It ripped out the bar fixtures, added a room on the side, installed two modern food service counters, and placed 240 seats in the main-floor service and dining room thus created.

A central kitchen and sanitary dish washing facilities were set up in the basement, with dumb-waiter service for hot foods to each of the two food dispensing counters, and for return of self-bussed soiled dishes to the dishwashing unit.

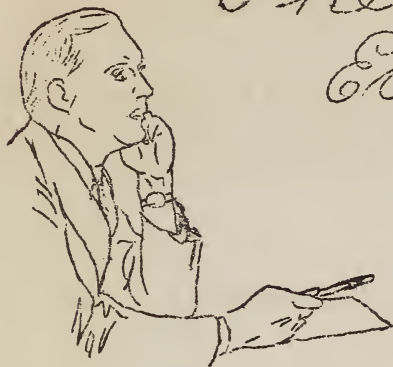
Recognizing that a 240-seat cafeteria could not serve more than a third of its employees, in spite of lunch periods staggered through two mid-day hours, the company supplemented it with several mobile units which make mid-morning and mid-shift trips through the plant.

The central kitchen was designed with this in mind. Combined with the dish washing unit, and the food storage lockers, it utilizes all of the basement space of the former tavern. Planning was for complete, quick service, and the facilities have sufficient capacity to also service mobile units in another company-owned factory a few miles distant.

Dietitian Miss DeWitt aids Cafeteria Manager J. A. Chevako in operating the Parker food service. Their combined efforts have made it possible for Parker employees to eat a nutritious lunch, including meat, a potato, a vegetable, bread, butter and a beverage, in the cafeteria for only 37¢.







# The House Organ

## Editor's Corner

(It is hoped that the industrial house organ editor will find this material, in whole or in part, of interest to his readers. Please feel free to copy or adapt.)

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### VEGETABLES HAVE HIGH FOOD VALUES

With less of some foods we like to eat, such as meats and sweets, it is good news to hear that some other foods will be plentiful. If the weather man just does not get too erratic, there will be plenty of vegetables--in a wide variety too. This year's vegetable production on farms is expected to match the 1944 level. Add to this the Victory Gardeners' crops from backyards, community and factory gardens, and there should be plenty of vegetables to help fill our plates with colorful, tasty foods that have a lot of what it takes to maintain health.

#### Vegetables in Plentiful Supply

There will be tomatoes, carrots, new potatoes, cabbage and onions in plentiful national supply in June. Green peas, asparagus, leaf lettuce, green onions, and radishes will be available in local markets.

#### Food Values in Vegetables

Some of the hidden vitamins in vegetables will prevent some of the results of hidden hunger, or what the doctors call "vitamin deficiencies."

Take carrots, sweetpotatoes, and broccoli, spinach, and other leafy greens, for example. They have liberal amounts of vitamin A. This is the vitamin necessary (1) to maintain normal vision at night, (2) for normal growth, (3) for resistance to infections of the respiratory tract.

Citrus fruits are the richest sources of vitamin C which is necessary (1) to maintain healthy teeth and gums, (2) to regulate muscle tone. Some vegetables are also good sources of vitamin C, especially when they are eaten raw. Tomatoes are an excellent source. Cabbage, cauliflower, broccoli, spinach, collards, and other leafy greens are very good sources.

#### Eat Them and Like Them

Industrial feeding has increased the popularity of vegetables among war workers. Many industrial plants now offer special plate lunches that include at least two vegetables. Some plants provide a choice of hot and cold vegetable plates as well as the meat or meat alternate entree plate special. In many plants 75 percent or more of the workers are choosing plate specials. This means that many workers have become accustomed to better balanced meals and have learned to eat vegetables, and like them. Better vegetable preparation

helps to increase their popularity. When they are cooked a short time in a little water, they look and taste better.

### Selection Guide

When no plate specials are available, here's a guide that will help in selecting the kind of vegetables that "go" with the main dish. Choose vegetables that add variety of flavor, color, and texture as well as food values. Here are two good combinations:

1.

Hamburger cake  
Mashed potatoes  
Buttered green beans  
Cabbage and carrot salad

2.

Fried fish fillet with lemon  
Parsleyed new potatoes  
Tossed salad of leaf lettuce,  
tomatoes, cauliflower, and  
green pepper

### ----- DON'T BLAME THE POTATO FOR PLUMPNESS

Some women refuse to eat potatoes for fear of getting fat. A potato a day will not cause plumpness. A medium-sized potato contains only about one-fourth as many calories as a piece of apple pie. It supplies no more calories per average serving than does a large apple or a slice of bread one-half inch thick.

Potatoes contain a goodly supply of vitamin C, iron and other minerals. Don't pass them by unless you are following doctor's orders.

FOOD!

FOOD!

FOOD!

War news and food takes the headlines. It is a priority-rating "must" for factory employees to realize the need for care in selecting combinations of foods that will help them to maintain good health.

Write to the WFA Industrial Feeding Section for suggestions on a nutrition-in-industry educational program. Posters for bulletin boards, and table tents for dining rooms, are available in quantity upon request and without cost.

Address: Industrial Feeding Section, Midwest Office of Supply, 5 South Wabash Avenue, Chicago 3, Illinois.

### FOOD ON THE JOB--HERE AND THERE

A NEW ENGLAND INDUSTRIAL plant sent three women workers to cooking school in Boston. The reason for attending the cookery demonstrations was to promote interest in a new series of women's pages in the company's house magazine. Each month two pages in the magazine are devoted to recipes, menus and household hints.

A MID-WESTERN INDUSTRIAL PLANT held a Victory Garden Contest last fall. Forty-three workers competed for prizes, and displayed 454 exhibits. The highest scorer won eight first prizes and \$33.75 worth of war stamps.

IN A WEST COAST PLANT, over 95 percent of the workers eat a plate lunch special that includes two vegetables, a salad, entree, bread, butter, dessert, and beverage. Employee turn-over in the plant is 1.6 percent and absenteeism only 2.3 percent.